



# NOVEMBER 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>1</b> PiYo w/ Jill 5:15-6am P90X w/ Jill 6-7am Zumba w/Greg 5-6pm	<b>2</b> P90X w/ Jill 5:15-6am PiYo w/ Jill 6-7am	<b>3</b> PiYo w/ Jill 5:15-6am P90X w/ Jill 6-7am Zumba w/Greg 5-6pm	<b>4</b>	<b>5</b>
<b>6</b>	<b>7</b> P90X w/ Jill 5:15-6am PiYo w/ Jill 6-7am	<b>8</b> PiYo w/ Jill 5:15-6am P90X w/ Jill 6-7am Zumba w/Greg 5-6pm	<b>9</b> P90X w/ Jill 5:15-6am PiYo w/ Jill 6-7am	<b>10</b> PiYo w/ Jill 5:15-6am P90X w/ Jill 6-7am Zumba w/Greg 5-6pm	<b>11</b>	<b>12</b>
<b>13</b>	<b>14</b> P90X w/ Jill 5:15-6am PiYo w/ Jill 6-7am	<b>15</b> PiYo w/ Jill 5:15-6am P90X w/ Jill 6-7am Zumba w/Greg 5-6pm	<b>16</b> P90X w/ Jill 5:15-6am PiYo w/ Jill 6-7am	<b>17</b> PiYo w/ Jill 5:15-6am P90X w/ Jill 6-7am Zumba w/Greg 5-6pm	<b>18</b>	<b>19</b>
<b>20</b>	<b>21</b> P90X w/ Jill 5:15-6am PiYo w/ Jill 6-7am	<b>22</b> PiYo w/ Jill 5:15-6am P90X w/ Jill 6-7am Zumba w/Greg 5-6pm	<b>23</b> P90X w/ Jill 5:15-6am PiYo w/ Jill 6-7am	<b>24</b>	<b>25</b>	<b>26</b>
<b>27</b>	<b>28</b> P90X w/ Jill 5:15-6am PiYo w/ Jill 6-7am	<b>29</b> PiYo w/ Jill 5:15-6am P90X w/ Jill 6-7am Zumba w/Greg 5-6pm	<b>30</b> P90X w/ Jill 5:15-6am PiYo w/ Jill 6-7am			
		<b>Get Active:</b> Group Fitness is a great way to improve your overall physical and mental health! Try a class today!!			<b>Have Fun:</b> Group fitness classes offer a very fun and supportive environment! Our instructors show you the way!!	